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FARMWORK, SAFETY, and YOU

A SUGGESTED DISCUSSION FOR YOUTH LEADERS, TEACHERS,
COUNSELORS, WORK SUPERVISORS, AND OTHERS TO USE IN
REVIEWING FARM SAFETY PRACTICES WITH EMPLOYED YOUTH. //

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PREFACE

WHY HAVE A DISCUSSION ON FARM SAFETY?

About 700,000 young people under 18 are employed each year as paid workers on America's farms, and they perform jobs as varied as farming itself. Many of these farm jobs are very dangerous, especially for young people who may be immature in their judgment as to possible hazards.

Suitable employment of these young workers can be an important part of their educational development and can assist in creating initiative, self-respect, responsibility, and maturity. But suitable employment includes safe employment. Many efforts are being made to make farmwork safer, yet accident reports show that next to mining and construction, farming continues to rank as the third most hazardous type of employment. Hundreds of employed youth are killed or disabled each year while doing farmwork—one State alone reports nearly 5,000 employed youth injured in farmwork during the past 10 years.

Feeling it imperative to reduce these tragic injuries to young farmworkers, the U. S. Department of Labor's Bureau of Labor Standards is working jointly with the National Grange, American Farm Bureau Federation, National Farmers Union, the Federal Extension Service of the U. S. Department of Agriculture, and the National Safety Council in the development of a safety promotion program concentrating on this problem. These organizations, through the Bureau's Advisory Safety Committee on Farm Employed

Youth, are guiding the development of educational and informative materials on farm safety.

The following suggested discussion on safe work practices for young farm employees is one in a series of educational materials. This discussion is intended for youth leaders, teachers, counselors, work supervisors, and others for use during class periods or other prework training sessions in places where youth do farmwork. A discussion, however, is not to be considered a substitute for a comprehensive farm safety training program.

The objective of this presentation is to assist these young people in making their farmwork a safe and rewarding experience and at the same time aid them in developing safe work attitudes which will carry over into their adult lives.

The following materials consist of an instructor's guide, a general discussion, and a discussion outline. It is suggested that the instructor first read the guide and general discussion thoroughly, then tailor the discussion outline to local needs and use it as an aid for the actual presentation.

The Advisory Committee on Farm Employed Youth is especially indebted to the National Education Association, the Future Farmers of America, the Division of Vocational Education of the Office of Education, and the Farm Labor Service of the Bureau of Employment Security for their comments and suggestions in developing this manuscript.

FARMWORK, SAFETY, AND YOU

I. INSTRUCTOR'S GUIDE

A. PURPOSES OF THE DISCUSSION

The specific purposes of this discussion are:

1. To acquaint school-age youth who are likely to do farmwork with the work conditions and hazards to which they will be exposed. . . and
2. To acquaint these youth with the principles and practices necessary to guide themselves safely around these hazards.

B. SUGGESTED INSTRUCTIONAL MATERIALS

The materials used in this discussion should be typical of those used locally in agriculture. The following are suggested:

1. Weighted box, basket, or bag.
2. Models and operators' manuals of typical farm machines such as tractor, combine, wagon, harrow, plow, and any others possibly available on loan from local farm implement dealers.
3. Samples of handtools used locally: shovel, hoe, pruning shears, files, cutting tools, and similar items.
4. Samples of various kinds of ladders: step, tripod, picking, straight.
5. Labels from containers of poisonous dusts and sprays used locally.
6. Farm equipment catalogs and farm magazines for pictures of machines and other equipment.

C. PROCEDURAL SUGGESTIONS

It has been assumed that many instructors handling this assignment may not be too familiar with farm safety. Some may feel the treatment of this material is sketchy while others may feel it is too detailed. Basically, the purpose is to deal with most of the common hazards experienced by farm-employed youth and to give the young people some guiding safety principles. As pointed out, this material should be tailored to fit the local farm situation.

The discussion in Section II can be used verbatim; however, many instructors will wish to work up their own presentation around the facts given. The text is included only to convey the "feel" and continuity of one possible presentation.

The important point to seek in any presentation is a thorough discussion, in the time available, of the specific farmwork hazards the young people will meet locally and the safety principles they will need to know and follow.

No matter what form the presentation takes, this material will suggest many opportunities for youth participation. For example, the suggested discussion provides for a young assistant to demonstrate the steps in lifting an object properly. It may be advisable to discuss cues and procedures with such an assistant in advance of the training session. If time and facilities permit, this demonstration could be extended to a class activity in which the young people as a group could practice the steps in lifting properly.

Individual or group projects may also be assigned to emphasize

the safety practices in working with farm machines, using hand-tools, ladders, and in lifting, etc. These projects could be integrated into the discussion session or assigned as a logical followup to reinforce the learning experience. Some such projects might be:

1. A safety demonstration based on a hazard reviewed in the discussion and developed by a small group of youth. This could be given as one of several demonstrations to a class, a full scale farmwork assembly, or at meetings of local farm groups.
2. A safety talk by one or more youth emphasizing a particular point or situation brought out in the discussion.
3. Preparation of bulletin board posters or exhibits for school or store displays.
4. A talk before the youth group by a prominent local farmer who employs youth and can give tips on personal safety and conduct on the job.
5. A talk before the youth group by a local farm placement or State employment official covering job safety, conduct, and hiring procedures.
6. A field trip to a farm where youth are or will be employed.
7. A field trip to the local employment or farm employment office.
8. A field trip to a farm implement dealer to see examples and possible demonstrations of farm machines.

D. SOME SOURCES OF ADDITIONAL INFORMATION AND ASSISTANCE

Farm Safety Information:

1. Farm Department, National Safety Council,
425 North Michigan Avenue, Chicago 11, Illinois
(Can provide list of films, bulletins, and
other available resource material.)
2. State Agricultural Extension Safety Specialist
c/o State Land-Grant College.
3. State Labor Department.
4. State Supervisor of Vocational Agricultural
Education. Usually located in State Department
of Education.

Local Sources of Assistance:

1. Local offices of national farm organization.
2. County agricultural extension agent.
3. Local farm placement or employment service
representative.
4. Farm equipment dealers.
5. Vocational agriculture instructors.
6. Local farmers employing young workers.

FARMWORK, SAFETY, AND YOU

II. SUGGESTED DISCUSSION

INTRODUCTION

So you're planning to work on a farm! Fine—then you should be very interested in our discussion today because we're going to be talking about you—about farmwork, safety, and you.

But first, let's have a show of hands. How many of you have worked on a farm before? [Count hands.] Good. You young people have had some experience and maybe later on you will tell the rest of us about it. Meantime, you may pick up some new ideas about how to do a better job. Now, how many will be doing farmwork for the first time? [Count hands.] Good. You, too, will get a lot out of today's session, I think, because I'll be giving tips on how to do farmwork and how to do it safely.

Since all of us can use some tips, we're going to talk about why farmwork is important, why we must do our jobs safely, what some of the special dangers are, and what we can do to prevent accidents on the job.

IMPORTANCE OF FARMWORK

First of all, have you ever thought that when you're working on a farm you're in one of the most important industries in our country? We speak of agriculture as being one of the "basic" industries because it's the starting place for the food we need, and for a great many of the raw materials used in our industries. Because of the work done on the farm, our country has more food and

more kinds of food than any country in the world. Every year many people from other countries visit our farms and our agricultural schools because our way of doing things on the farm is so successful. This success makes it possible for our country to have many more people working in industries that make houses, cars, clothes, TV sets, and other things that give our Nation one of the highest standards of living in the world.

Some of this success comes to our own community of /Name of local community_7. Right here farmwork helps us produce products we can sell to other people. This brings money into /Name of local community_7 and when we use it for the things we need, we make jobs and living here possible for other people. Also, farmwork helps the farmer run a profitable business which, in turn, provides work and a living for others, such as the feed and fertilizer merchants, farm machinery dealers, livestock dealers, and others. You see, the whole thing goes around in a circle.

You yourself will gain a lot from farmwork besides earning money. One thing you'll get to know is some of the farmer's problems, and you will have a new appreciation of the work required to produce farm products.

Some of you may actually go to live with a farm family, or go to a camp with other young people doing farmwork. You will have a chance to make new friends and learn how to get along with your fellow workers. You will have many new experiences learning about people and what they do. You will develop yourself as a person, be more interesting to other people, and become a more valuable

worker on any job. All these things will make you a better citizen of your community and the country.

I don't have to tell you that farmwork can help you to become more physically fit, too. Lots of good outdoor work, plenty of rest, good food, and sunshine will all combine to build a stronger body and increase your ability to keep a steady pace throughout the workday. Farmwork, of course, gives you a big chance to earn some money of your own—money for savings, more schooling, books, clothes—or to take your sister on a date!

WHY SAFETY NEEDS TO BE CONSIDERED

But the benefits of farmwork, as with any other kind of work, won't be yours without effort and some danger of injury. You will want to be a good worker so you can keep on the job, continue to earn money, and prove to others that you can be a valuable citizen. It's smart to do a job well and this also means doing it safely. That is why we're talking today about safety in farmwork. Safety and doing a job well go together.

What is safety? It's stopping accidents before they take place.

Every year in our country accidents cause a great loss of life and an enormous amount of pain and suffering. In 1961 there were 13,500 people killed and nearly 2 million injured in work accidents. This means a person was killed every 39 minutes and one was injured every 15 seconds! These accidents cost our Nation over four billion dollars.

These losses are staggering, and it's hard to understand such big numbers. Look at the accident record in farmwork alone. In

the same year, 1961, we find that 2,700 people were killed and nearly 300,000 injured while doing farmwork. Imagine - 2,700 people killed! That's as many people as live in /Name of some local community./

And these accidents aren't something that happened to "somebody else." Right here in /State name/ and our own /Name of County/ we have farm accidents. Some could be happening this minute because someone isn't paying attention to what he is doing or how he's handling a machine. For example, just the other day /Fill in with some reference to a recent local farm accident reported on radio or in newspaper. Check with county extension agent for relevant statistics and farm-accident information. Try to tie in the fact that local adults and youth do have accidents in farmwork./

You won't be surprised to learn from the big numbers I have mentioned that next to mining and construction, farming is the third most dangerous type of work in this country. If you know right from the beginning that there are many chances of getting a serious injury in farmwork, doesn't it make good sense to find out what the dangers are and how to follow safe practices?

SAFETY—A CHALLENGE

The farmer is interested, too, in safety and in providing safe work surroundings. But you must remember he has his own problems of getting certain farm jobs done within a certain time or while the weather is good. Even though he is concerned with your safety, you are the one who must be on your toes to turn out a good day's work even though you may be working around some very definite,

special dangers. It becomes your job to do your work as safely as possible to prevent harm to yourself, fellow employees, and property.

Some of you may already have had experience with farmwork and have done it well. But you should keep in mind that you have actually had little experience in coping with emergency situations. These situations have a way of coming up at the most unexpected times. So let's discuss some of the special hazards—or dangers—you will find on the farm and what you as a worker can do to act safely around them.

GENERAL HAZARDS AND SAFE PRACTICES

Transportation to and From Work

The first thing you have to do in any job is to get to work and back—safely. Some of you will have rides provided for you by the farmer himself or by persons he hires to carry his work crew back and forth. Chances are that you will ride in a bus, station wagon, car, or maybe in the back of a truck. No matter how good the driver may be, he needs your help and understanding to make safe trips. He can't pay full attention to his job of driving if there are disorderly passengers who distract him. So you'll want to pay attention to the driver or the supervisor riding with you, follow his directions, keep your seats, keep arms inside the vehicle--and avoid horseplay! That makes sense!

Some of the older boys and girls who are licensed may be driving your own car - may be taking some riders with you. As the driver, your job is to get yourself and your passengers to the worksite and back again safely. You are responsible for your own life and the lives of your riders, and this is a great responsibility. This means extra care in your driving—in town and over country roads.

Speed is still the greatest single cause of auto accidents. A heavy foot on the gas shows you haven't grown up enough to handle a car properly. So drive with care and follow this handy rule - keep at least one car length behind the vehicle ahead for each 10 miles per hour you're driving. For example, at 40 miles an hour, keep a good 4-car length behind the vehicle ahead. That's smart driving! And, make sure the car, especially, its brakes, steering gear, and tires, is in safe working condition.

If, on the other hand, you are a rider and find yourself with a speed demon, or someone you believe is an unsafe driver, it's smart to get a different ride to work.

In Machine and Vehicle Operation

Now what about the machines on the farm? What are some of the dangers around them and what can you do about them?

There may be machines and equipment for all sorts of jobs—digging, hauling, lifting, cutting, pushing, pulling, conveying, mixing, grinding, and other jobs. There may be tractors and motor-driven equipment such as corn pickers, hay balers, combines, and other mechanical harvesters. Mention some specific equipment used locally. These machines and equipment help make the American farmer the most productive in the world, but they also help make farming the third most dangerous type of work.

You may be near or even operating some of this equipment in your job and your safety will be up to you. It is interesting to point out here that certain machines in industry have been designated by regulation to be too dangerous for workers under 18 to operate, but few such regulations extend under law to farm machines.

We can, however, set down these three rules for your safety around farm machinery:

1. Stay away from machines unless your work requires it.

You may be bursting with curiosity, but stay completely away unless your work requires you to be near or on a machine. All of these machines have been soundly engineered to do a farm job, but they're meant for serious work, not play. In this case, play can result in a serious injury—even death.

2. Find out how the machine works. If you are assigned to operate or to work on or around any machine, be sure you know exactly what your job is. Be sure you know how to operate the machine or how to work safely around it. Ask your supervisor to point out the dangers of the machine you will work on, have him explain your duties, and check with him whenever the machine needs adjustment or isn't running right.

3. Learn your job thoroughly. Ask your supervisor to watch how you do your job until you feel sure you can do it safely. It's much safer to do the job correctly than to risk a costly error which could harm you and others for life.

These safe practices should be followed at all times for all farm machines whether they operate by moving around, remain in one spot while in operation, or are standing at rest.

Tractors can tip over; moving parts—such as power driven shafts, cutter bars, gear assemblies, and pulleys—can cause very serious injuries if loose-fitting clothing, a hand, arm, or leg get caught

in the mechanism. Be alert when it comes to farm machinery. You all know enough not to jump on or off a moving vehicle. You can, of course, but it's a good way to end up dead under the wheels or equipment.

Some of you fellows over 18 with driver's licenses may be given the job of driving a pick-up or other type of truck. It's up to you to remember that you will be driving near people—possibly carrying persons over roads and grounds not familiar to you. The first rule is proceed slowly. Keep a sharp eye out for the safety of persons working near the truck, watch where you're driving, and keep persons off the truck who have no business being there. Always come to a full stop to let someone on or off your truck and look carefully when backing up.

In simple terms then, when you're around farm machines, don't "play" with them, don't experiment with fixing them, stay well away from them unless your work requires it, and if you do work on or near them, find out exactly what you are to do and how to do it safely.

Handtools

Now let's talk about the handtools you'll be using, for chances are that you will use some kind of handtool regardless of how large or small the farm is. There are hundreds of different handtools, and each one does a special kind of job. There are tools like a hoe, pitchfork, snippers, shovel, hammer, axe, scythe—just about everything from a pencil to a crowbar. We can't begin to discuss each one—but there are things we do know about all handtools and

what we must watch for. Every year thousands of accidents, some very serious, are caused by the misuse of handtools. Why? Because one of four things happens:

- * The wrong tool is used for the job.
- * The right tool is used improperly.
- * The tool is in bad condition.
- * The tool is put away incorrectly.

There is nothing complicated about why these accidents happen. And you can see almost at once what you should do to use handtools safely.

- * Be sure to use the right tool for the job.
- * Check with your supervisor on the correct way to use the tool. This is especially important with sharp tools such as an axe, pitchfork, scythe, sickle, or machete. [Demonstrate correct use, if possible.]
- * Ask the supervisor what you should do with a tool needing repair. Quite often a tool may need sharpening, or a wooden handle needs to be repaired because it's loose, cracked, broken, or has dangerous splinters.
- * Always put the tool away in a safe position.

Remember that good care and proper use of your handtools mean you can do your job more safely, faster, and better. All this means more money--and that is part of the reason why you're doing farmwork, isn't it?

Ladders

One very important farm tool you may use is a ladder, and here again it may be a special kind of ladder for a special kind of job. But all ladders get you up off the ground—and provide an opportunity to fall and break your back, arm, or leg, or split your head open! As they say, what goes up must come down, and in this case it's wiser to use a ladder both ways!

In farmwork, you may use one of four different kinds of ladders:

- * a regular stepladder,
- * a three-legged orchard or "picking" ladder especially designed for the soft, uneven grounds in orchards,
- * a regular straight ladder, or
- * an extension ladder which is really two straight ladders fastened together so they can be pushed up or extended higher than one ladder.

There are three things to remember about using ladders:

1. Use the right kind of ladder for your job.
2. Make sure it's in good condition.
3. Use it safely.

What's the right kind of ladder to use? If it's a special job—like working in the orchard—use tripod or picking ladders. But use them only in the orchard; they can be dangerous in other work.

It's most important to use a ladder that's long enough for the job to be done. That sounds pretty simple but it's surprising

how many people use an 8-foot stepladder to do a 15-foot job! They climb right to the top step hoping to reach up the rest of the way. They find themselves completely off balance clutching at the empty air for something to hold on to, and down they fall in a painful crash. So make sure your ladder lets you reach your work without having to climb above the two top steps. With part of the ladder above your feet, you have something to hold on to for balance.

Other safety rules for working with ladders are:

- * Place the ladder carefully in a firm position.
- * Always face the ladder when going up or down, and use both hands.
- * Go slowly enough to place your foot firmly on each step.
- * Move the ladder when you have finished all the work you can safely reach. It's smarter, safer and faster working to move a ladder often to a new position. Ask for help if the ladder is too heavy for you to move alone.
- * Make sure your ladder is in good condition. Watch for cracks, breaks, or loose rungs. Point these out to your supervisor so the ladder can be repaired or destroyed. Your supervisor doesn't want you using a ladder in a dangerous condition, and it's your responsibility to let him know.

In or Near Farm Buildings

You'll be working around a lot of different farm buildings and work areas too, depending on the size and type of farm you go to. Any farm building can be a place for a serious accident or fire. Many of the things we've already talked about apply here--especially safety with handtools that may be in farm shops or in our actions around farm machinery which is stored or being repaired. As a general rule, be careful where you walk, climb, or work in any building. Climb stairs slowly, make sure fixed ladders are fastened well, and watch for misplaced tools which can trip you. In other words, keep your attention on where you are going and what you are doing. Some barns may have unguarded stair and ladder openings, hay chutes, or trapdoors which can cause serious falls, and you'll need to watch for these openings.

The threat of fire is always serious on a farm. Dry crops in the field can go up in a blaze from a careless spark. Most buildings are made of wood, and they burn easily! Dry hay, grain, and many other farm products in storage can burn easily, too. For these reasons, the farmer doesn't operate his tractor or other gasoline engines in his barn. He usually has a separate storage area away from buildings for gasoline and other liquids that burn easily. And, he definitely does not allow himself or anyone to smoke in or around the buildings.

Speaking of fire brings to mind that many farms have water ponds and irrigation canals which provide water for fire protection as well as for livestock and crops. These ponds and canals may be

unprotected and can be very dangerous to you. The water may be unclean and can cause disease. Unsupervised play near them can lead to drowning. So you must be aware of this special danger, too, and avoid playing around these water sources unless an adult supervisor is present at all times.

Farm Animals

A great many accidents on the farm are caused by animals. And almost every farm has some kind of livestock such as dairy cattle, beef cattle, hogs, horses, and sheep. There also may be poultry—or just pets like cats and dogs. I won't talk about each of these animals, but there are a few general rules for preventing the serious injuries or diseases they can give us. It doesn't take much thought to know that a 1,000-pound bull or cow or a power-packed 250-pound hog has a pretty big weight advantage over our 100-150 pounds—and it is wise to remember this.

If your work is to be directly with animals, most of your learning how to handle them will be done on the farm. It's interesting to note that the things we do to make friends easily and get along best with other people are generally the things we should do to get along with animals. Treat them with patience and kindness. One way is to let them know you're around, because most accidents of this kind are caused by a startled animal naturally trying to protect itself. Always speak softly to an animal as you approach it from the front or side. In this way, it can see and hear you, and you can keep your eyes on the animal.

You can never be sure exactly what an animal will do, even

if you think it is completely tame. Any animal with newborn young is especially dangerous, and will attack you if it appears its young are in danger. A male animal such as a bull, ram, or boar may take advantage of any opportunity to attack.

Another reason for being cautious around farm animals is because they can give humans many diseases. Tuberculosis, anthrax, trichinosis, rabies, and tapeworm are some of the serious infections that animals can pass on to us. Even in casual work near animals, it is hard to avoid bites or scratches. So you must be extremely careful to prevent infection by washing even the smallest wound and having it treated promptly—whether the animal seems to be sick or not. If possible, get a tetanus shot from your doctor before going to work.

As for farm animals then—livestock or pets—remember to treat them with kindness and caution and give them a wide berth unless you work with them. If you do work with them, learn from your supervisor exactly what you are to do and how you are to do it.

Lifting Materials

You'll probably be doing a lot of lifting and handling of all types of objects and materials on the farm. You can prevent many accidents that cause serious muscle strains, bruises, and cuts if you learn how to handle boxes, bags, tools and other objects properly. And you can also avoid damage to the material being handled.

So let's discuss and demonstrate briefly the best way to lift, carry, and lower things.

First, there's no way for me to tell you how large a load each of you can lift or handle. Much depends on your physical condition, your training, and how much experience you've had in lifting objects.

When we examine accidents caused by lifting, the injured worker had been doing one or more of the following incorrectly:

- * lifting a load too heavy for him to handle,
- * using only his back muscles in lifting,
- * failing to take a good grip on the material,
- * failing to place his feet in a firm position, or
- * lifting, and twisting his body at the same time.

/Name of student assistant/ is going to help me with a demonstration on how to lift.

Now here we have a /name of object/ which /student's name/ will pick up for us. /Use some object common to local farmwork that youth would do. It could be a box, about 18" by 12" by 7", weighted but not too heavy to be picked up properly./

/Student bends from hips and holds position./ Most people quite naturally bend over like this to pick up an object, and when they lift by straightening up /assistant lifts box and straightens up slowly/ all the strain is on the back muscles /indicate back muscles of assistant./ And these are some of the weakest muscles in the entire body! Something has to give under

a heavy load, so it's no surprise when one of these back muscles gets seriously stretched or strained.

There's a safer and faster way to lift and lower objects—and that's by using the strongest set of muscles in your body—those in your legs. Now watch this! [Student] will show us how to lift correctly. [Student to demonstrate and hold position as following steps are noted.]

* First. Check the object to be lifted to make certain you can handle it alone. If it is too big or bulky, get someone to help you.

* Second. Face the object, place your feet firmly near its base.

* Third. Bend the knees and squat and, most important, keep your back straight.

* Fourth. Take a good, firm grip on the object.

* Fifth. Now start pushing up with your legs. As you bring the load up, keep it close to you and avoid twisting your body.

* Sixth. If you have to change direction, do it by changing the position of your feet [demonstrate] but keep the body straight. This keeps the strain off those weak back muscles.

Now watch [student's name] do this once more. [Student repeats demonstration in one continuous motion.] Size up object, stand close to base, set your feet, squat, keep back straight,

take a firm grip. Straighten legs, keep object close to body, carry object without twisting body, and change direction with your feet. Thank you /student's name./

/Do class demonstration now if desired./

Personal Care

Speaking of muscles, most farm jobs require a lot of physical effort. You'll be using muscles that don't usually get much exercise, and you'll have to learn how to work steadily throughout the day and not be exhausted within an hour or two. Your speed will increase with experience.

Your supervisor will probably give you good tips on how to do a job in the least tiring way, and perhaps you can watch how the more experienced people are doing it. But you'll need plenty of rest after a day's work. So plan on getting at least 8 hours sleep each night. Eat a good breakfast and dinner and carry a good lunch that won't spoil in the heat. The group you work with will probably take a brief rest period several times a day. Take advantages of these. If you're working alone, rest a few minutes each hour. You will find it helps you keep a good, steady pace when you work. Lunch time, too, is a good time to relax. So find a comfortable, shady spot to rest, and enjoy your lunch with friends.

You'll be perspiring a lot in farmwork and will want an occasional drink of water on the job. Drinking water will probably be made available by some fountain arrangement or in paper cups. Just be sure you know the water's clean and pure and that you

drink from your own cup. Be prepared to carry your own metal or plastic drinking cup each day, if necessary, so you won't run the risk of picking up germs from a cup others have used.

It's a good idea, too, to use more salt than usual with your lunch to replace salt lost when your body perspires. Without the right amount of salt in your body, you will find you tire easily.

Nearly all farmwork, of course, is done out in the strong, hot sun. Many small doses of sun are healthful and a fine way to get a tan. But hours of sun without protection while doing hard work can give you a dangerous sunburn even on cloudy days or get you so overheated you become exhausted. This exhaustion is call "heat prostration," and it may keep you from working for weeks and even cause permanent injury.

All this leads up to the need for proper clothing for work on the farm. Save the shorts and bare head for the beach. In farmwork, be smart. Both boys and girls should wear hats with brims, smoothly fitted, long-sleeved shirts, and full-length jeans. Tough leather shoes with low heels and nonskid soles are needed for good support and footing.

This proper clothing helps give you protection from the sun as well as from insects, poisonous weeds, and poisonous farm chemicals. The less skin you expose to these hazards, the better.

You will want to watch out for poisonous weeds such as poison ivy, poison oak, or poisonous sumac. They can be growing almost anywhere on a farm in spite of all efforts to get rid of them. Ask your supervisor to show you what these plants look like, whether or not any are near your work area—and stay away from them!

Almost every farm today uses poisonous chemicals to kill insects and to control weeds and other things that harm crops. There are many of these chemicals, some in dust form, others in sprays. All are dangerous if breathed in, swallowed, or absorbed through the skin. Some of these chemicals remain dangerous for as long as 20 to 30 days after being applied to crops. The farmer may have warning signs posted in a treated area and, if you value your life, stay out.

Ask your supervisor what danger, if any, there is in your area from poisonous chemicals, and follow his advice. But on your own, you can be safer by dressing properly in a long-sleeved shirt and full length pants. Also, wash your hands often, bathe every night after work, and wear clean clothes each day. Be especially careful you never eat a freshly picked fruit or vegetable until it's washed thoroughly. It's safer to wash away all possible trace of a crop chemical before you take the first bite!

Smoothly fitted clothes are extremely important, too, if you are assigned to work around machinery. Loose, floppy clothes are easily caught by a moving belt, shaft, or wheel, and both clothes and you can be pulled into the machine too fast for you to do anything about it.

You girls who will be working around machinery must think about your hair. Dangling ponytails, braids, or long hair hanging loose can get caught in machinery just as easily as floppy clothes. There are actual cases of girls who were completely scalped and killed when their hair was caught in machinery. So it makes sense

to put your hair up, maybe in a bun, or cover it completely with that hat you'll be wearing.

You have probably come to the conclusion, after hearing me talk about animals and poisonous chemicals, that the slightest cut, scratch, or break in the skin should get immediate attention. You are absolutely right! It should be washed and treated at once. Your supervisor will know where first-aid materials are kept. Know where your supervisor is at all times or to whom you can go if you become sick or injured. The farmer or your supervisor is the one to get you home or to a doctor if necessary.

REVIEW AND CLASS DISCUSSION

We've covered quite a bit of ground today about the conditions and dangers you'll find in farmwork. When all is said and done, it can be a happy and profitable experience for you only if you do your job well and do it safely. While you are earning money, you will be building a stronger body, gaining new experiences, making new friends. You will be helping the farmer and our community produce food and fiber to keep our Nation one of the healthiest, wealthiest, and most productive in the world.

How can you do your job well and safely?

- * By listening carefully to and following the instructions of the farmer and your supervisor.
- * By making sure you know exactly what your job is and how to do it safely.
- * By asking the supervisor to show you how to lift and how to use ladders and handtools.

- * By going prepared for 6- to 8-hour day in the sun and dressing properly in long pants, long-sleeved shirt, and sun hat.
- * By getting plenty of sleep and eating nourishing foods.
- * By being especially cautious around machines, farm buildings, animals, and poisonous chemicals.
- * By having clean personal habits.

If you enjoy your work, you will be more successful at it. Try doing the things I have talked about, and you will enjoy your work and give the farmer and yourself a good, safe day's work.

FARMWORK, SAFETY, AND YOU

III. INSTRUCTOR'S OUTLINE

| OUTLINE | KEY POINTS AND ACTIONS |
|---|--|
| I. INTRODUCTION | <u>[An attention—getting opening statement followed by call for show of hands from students with and without farmwork experience.]</u> |
| A. Purpose | To give tips on value of farmwork, why safety is important, special dangers, and what safety practices to follow. |
| II. IMPORTANCE OF FARMWORK | |
| A. To country | Agriculture is a basic industry in producing food and raw materials; contributes to high standards of living; makes better citizens. |
| B. To community | Contributes to enriching the community and making a living possible for others. |
| C. To youth | Broadens outlook; provides work experience; makes better citizen; develops physical fitness; gives opportunity to earn money. |
| III. WHY SAFETY NEEDS TO BE CONSIDERED | |
| A. Definition | Safety is stopping accidents before they take place. |
| B. National work injury toll | In 1961--13,500 killed; nearly 2 million injured; cost over \$4 billion. |
| C. National farmwork injury toll | In 1961--2,700 killed; nearly 300,000 injured. |
| D. State and county farm accident problem | <u>[Cite local farm accident.]</u> |

E. Facts show farmwork dangerous

Next to mining and construction, farming third most hazardous type of work; youth will have many chances for injury. Makes sense to find out what dangers are and how to follow safe practices.

IV. SAFETY—A CHALLENGE

A. To farmer

Is interested in worker's safety and safe surroundings; must produce under limitations of time and weather.

B. To Youth

Must work productively around known dangers; must watch out for safety of self and others; need work experience.

V. GENERAL HAZARDS

SAFE PRACTICES TO BE UNDERSTOOD AND FOLLOWED

A. In transportation to and from work

1. By provided transportation

Help supervisor, follow his directions, keep seats; avoid horseplay.

2. By own transportation

Responsible for own life and lives of riders; reasonable speed; follow other vehicle one car length behind for each 10 m.p.h.; caution at all times; be sure car, especially steering, brakes, and tires, is in safe condition.

B. In machine and vehicle operation

1. Tractors and other self-propelled equipment

RULE 1. Stay away from machines unless your work requires it: machines meant for serious work not play.

RULE 2. Find out how the machine works: know exactly what job is and how to do it safely;

(continued)

2. Machines and
implements

ask supervisor to point out dangers of machine, explain worker's duties; check with the supervisor when machine needs adjustment or is not running properly.

RULE 3. Learn your job thoroughly:
Ask supervisor to watch how you do your job until you feel sure you can do it safely.

3. Trucks

As driver - proceed slowly; caution at all times; watch for persons near truck; do not permit unauthorized riders; come to a full stop to let persons off; look carefully before backing.

As worker - keep clear and never jump on or off a moving vehicle.

C. In the use of handtools

Use right tool for job; use it correctly; keep it in good condition; turn in tools needing repair; store in safe position. Demonstrate correct use.

D. In use of ladders

Use right ladder for job; inspect for soundness; set in place firmly; ascend facing and use both hands; never stand above two top steps; move ladder often.

E. In or near farm
buildings

Caution at all times; watch where going and what doing; be aware of extreme fire hazards; no smoking or machine operation in buildings. Avoid farm ponds and irrigation canals.

F. In handling and
treatment of farm
animals

Treat all animals with kindness and patience; learn from supervisor what is to be done and how to do it; approach from side or front; many diseases possible—promptly wash and treat even smallest wound; leave animals alone if no duties are near them. Get tetanus shot in advance, if possible.

G. In lifting
materials

/Lifting demonstration with
student assistant/

Procedure--check object to be lifted; face object and place feet firmly near base; bend knees and squat--keep back straight; take a firm grip; push up with legs; keep load close to body; avoid twisting--change direction with feet.

/Repeat demonstration/

H. In personal care

1. Proper rest
and food

Get a minimum of 8 hours sleep each night; eat good breakfast, carry a good lunch that won't spoil in the heat; take a few minutes rest when group does or every hour; rest during lunch periods; work at a steady pace.

2. Drinking water

Be sure water is clean; drink from own cup; carry own cup if necessary; use salt freely on food.

3. Proper clothing

Need protection from the sun; wear hat with brim; smooth fitting long-sleeved shirt; full length jeans; low heeled, leather shoes with **nonskid** soles; girl's hair fashioned in bun or completely covered.

a. Poisonous
chemicals

Poisonous dusts or sprays can be breathed in, swallowed, or absorbed through skin; wear proper clothes already described; wash hands frequently, especially before eating; never eat unwashed fruit or vegetable.

b. Machinery

Avoid wearing loose, floppy clothes which can be easily caught by moving parts; clothes and person can be pulled into machine too fast to do anything about it.

4. First aid

Wash and treat smallest wound promptly; know person to contact if sick or injured at any time; farmer or supervisor is the one to get sick or injured person home or to doctor.

VI. REVIEW AND CLASS DISCUSSION

A. Advantages of farmwork

Farmwork can be happy and profitable experience only if job is done well and safely; can earn money, build stronger body, have new experiences, make new friends; help farmer and community produce food and fiber to keep Nation healthy and productive.

B. How to do job well and safely

1. By listening carefully and following instructions of supervisor.
2. By knowing what job is and how to do it safely.
3. By asking supervisor for instruction on how to lift, use ladders, or handtools.
4. By dressing properly.
5. By getting plenty of rest and nourishment.
6. By being careful around machines, buildings, animals, and chemicals.

C. Close

Do these things and you will enjoy your work; and give the farmer and yourself a good, safe day's work.

